

A MINUTE OF HEALTH WITH CDC

Workplace Stress Relief

Prevalence of Coronary Heart Disease and Stroke Among Workers Aged <55 Years --- United States, 2008-2012
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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Job stress, along with other workplace hazards, can lead to all kinds of health problems, including an increased risk for heart attacks and strokes. Workers in manual labor and service industry jobs are at particular risk for these conditions. While most employers focus on workplace safety, it's also important for them to reduce employee stress through creating more stable work schedules, and reduce chronic workplace hazards, such as secondhand smoke. They should also consider health promotion issues, such as encouraging employees to eat healthy diets, exercise regularly, and quit smoking.

Thank you for joining us on a *Minute of Health with CDC*.

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